

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 20072, Wheat, hard red winter

Report Date:January 22, 2016 06:17 EST

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.59 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Proximates					
Water	g	13.10	31	0.278	25.15
Energy	kcal	327	--	--	628
Energy	kJ	1368	--	--	2627
Protein	g	12.61	47	0.176	24.21
Total lipid (fat)	g	1.54	6	0.097	2.96
Ash	g	1.57	34	0.025	3.01
Carbohydrate, by difference	g	71.18	--	--	136.67
Fiber, total dietary	g	12.2	--	--	23.4
Sugars, total	g	0.41	--	--	0.79
Minerals					
Calcium, Ca	mg	29	87	0.576	56
Iron, Fe	mg	3.19	63	0.079	6.12
Magnesium, Mg	mg	126	87	3.309	242
Phosphorus, P	mg	288	27	12.275	553
Potassium, K	mg	363	61	8.262	697
Sodium, Na	mg	2	58	0.153	4
Zinc, Zn	mg	2.65	86	0.050	5.09
Copper, Cu	mg	0.434	62	0.012	0.833
Manganese, Mn	mg	3.985	41	0.092	7.651
Selenium, Se	µg	70.7	--	--	135.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.383	17	0.005	0.735

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Riboflavin	mg	0.115	17	0.008	0.221
Niacin	mg	5.464	5	0.182	10.491
Pantothenic acid	mg	0.954	5	0.065	1.832
Vitamin B-6	mg	0.300	9	0.024	0.576
Folate, total	µg	38	5	2.812	73
Folic acid	µg	0	--	--	0
Folate, food	µg	38	5	2.812	73
Folate, DFE	µg	38	--	--	73
Choline, total	mg	31.2	--	--	59.9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	5	--	--	10
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	9	--	--	17
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	220	--	--	422
Vitamin E (alpha-tocopherol)	mg	1.01	1	--	1.94
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.9	--	--	3.6
Lipids					
Fatty acids, total saturated	g	0.269	--	--	0.516
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.015	133	--	0.029
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	133	--	0.002
16:0	g	0.234	133	--	0.449

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
18:0	g	0.013	133	--	0.025
Fatty acids, total monounsaturated	g	0.200	--	--	0.384
16:1 undifferentiated	g	0.008	133	--	0.015
18:1 undifferentiated	g	0.192	133	--	0.369
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.627	--	--	1.204
18:2 undifferentiated	g	0.600	133	--	1.152
18:3 undifferentiated	g	0.027	133	--	0.052
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.160	6	--	0.307
Threonine	g	0.365	6	--	0.701
Isoleucine	g	0.458	6	--	0.879
Leucine	g	0.854	6	--	1.640
Lysine	g	0.335	6	--	0.643
Methionine	g	0.201	6	--	0.386
Cystine	g	0.322	6	--	0.618
Phenylalanine	g	0.592	6	--	1.137
Tyrosine	g	0.387	6	--	0.743
Valine	g	0.556	6	--	1.068
Arginine	g	0.595	6	--	1.142
Histidine	g	0.285	6	--	0.547
Alanine	g	0.450	6	--	0.864
Aspartic acid	g	0.640	6	--	1.229
Glutamic acid	g	3.998	5	--	7.676
Glycine	g	0.528	5	--	1.014
Proline	g	1.289	5	--	2.475

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Serine	g	0.586	5	--	1.125
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0